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## NYMC Synapse Issue 17

School of Medicine Student Senate, New York Medical College

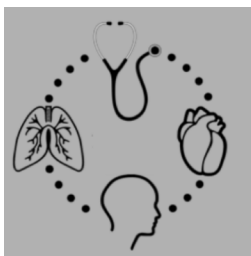
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## Goodbye 2010s! Hello to New Possibilities!

By Scarlett Tohme

The year is slowly and quietly making its finale, and whether we're out on the beach, snuggled under ten blankets with hot cocoa, we cannot deny that this is the most wonderful time of the year. We all have just reached significant milestones in our med school paths, from getting through half of block 2, finishing micro and the half of path and pharm, completing half of our rotations (despite breaking sterile field 100x), to wrapping up residency interviews. We've been through a lot, not just at NYMC as med students, but also in the past decade....we've gotten multiple degrees, gone through multiple jobs, met multiple wonderful people, and realized our dreams of becoming physicians. I hope that 2020 and the new decade bring more happy memories with friends and loved ones, and our MDs!

This issue of Synapse is short and sweet just to treat you all during your much-needed break. Enjoy!

### What is Synapse?

The *NYMC Synapse* is a newsletter published by the NYMC Student Senate for our classmates, faculty, administration and other students at NYMC. We highlight news from student senate, medical education, student affairs, and financial planning, give important updates for each class and highlight big events, outstanding students, and extraordinary professors.

Keep an eye out for these newsletters about once a month and don't miss out on the amazing things that are happening at NYMC!

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# Staying Centered

By Nancy Wei

## WORKOUT CLASS

Sometimes there's nothing like focusing all your energy into a workout to clear your head. If you find yourself in the city, try out Rumble Boxing or Peloton! Not only are the classes an amazing sweat but the trainers are also so motivational, kind of like a life coach and trainer all in one. For closer options, check out Title Boxing, Orangetheory, SoulCycle, and Bikram Yoga Scarsdale. Most have deals for a free or discounted first class!

## MEDITATION

Meditation comes highly recommended by so many people I've met, and the great thing is there's no real right way to do it. Whether it's a time for you to let your mind be blank or a time for you to think through thoughts that have been bothering you, meditation can be a great skill and tool to use to stay centered. Calm and Headspace are 2 great apps with guided meditations and soundtracks, and both have free trials for new users.

## NEW RECIPE

We all have to eat right? Testing out a new recipe can be a great way to de-stress and get your meals prepped for the week. There are so many amazing bloggers and YouTubers that make free videos of their recipes. I've been loving the YT channel, Marion's Kitchen, for Thai food, as well as the blogs, Pinch of Yum and the Woks of Life. And hey, sometimes it's

just cathartic to watch someone cook delicious food.

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## READING LIST

Reading is something I personally wish I set aside more time for—it's such a nice escape from the day-to-day. My ever-growing list contains David & Goliath by Malcolm Gladwell, Man's Search for Meaning by Viktor Frankl (shout out to our M1 senator, Jaspal), and Grit by Angela Duckworth. If fiction's more your thing, I highly recommend Anna Karenina and Brothers Karamazov. Russian Lit was the most popular class at my undergrad, and it was pretty amazing how well these two books were able to capture human nature. If you want something for on the go, try an audiobook or podcast!

## OUTDOOR

Get some fresh air! Don't get me wrong, I love being a home-body and taking my breaks on Netflix, but sometimes you just get a little stir-crazy. Go for a walk at Tarrytown Lakes Park or the Rockefeller State Preserve for some nice scenery or grab a free pass from the library to tour the farm at Blue Hill at Stone Barns.

Whatever you decide, don't forget to have some fun and take care of yourself! Studying's important but there's more life to be had outside the pages of a textbook. Keep pushing!



# Winter Booklist

By Jaspal Singh

Now that the fall semester is done, you may be asking yourself, 'what should I do with all this newfound free time?' Sure, you could watch some Netflix, but your eyes are strained from doing thousands of anki cards the last couple of weeks. You could hang out with your family and friends, but they have work from 9-5. You could try to get ahead in your schoolwork, but even thinking about logging into LCMS makes you feel nauseous. Well, there's no better time than the holiday season to make yourself a warm cup of coffee, bury yourself in a ton of blankets, and get lost in a new book! Here are some book suggestions that I have enjoyed over the last couple of years – let me know what you guys think and if you have any recommendations for me!

- *A Gentleman in Moscow* – Amor Towles: in this historical fiction novel, Amor Towles takes us through the life of Count Alexander Rostov, an aristocrat forced to live under house arrest (in a luxury hotel) after being deemed an enemy of the Proletariat in post-WWI Communist Russia. Over the course of 30 years, we see the love, pain, joy, and boredom Count Rostov faces, and how he keeps himself moving forward.

- *Why we Sleep* – Matthew Walker, PhD: this book investigates the current role and stature of sleep in our sleepless society. As it becomes the norm to work longer hours and sacrifice sleep to be in the office (or library), Dr. Walker dives into how harmful this can be to both our mental and physical wellbeing. This book offers a research backed view into the exact role of sleep in our health, and how we can optimize sleep in our everyday lives.
- *Man's Search for Meaning* – Viktor Frankl: Viktor Frankl was a psychiatrist and Holocaust survivor, who takes a reflective view of his experiences of WWII in *Man's Search for Meaning*. Ranked as one of 'the ten most influential books in the United States' by the Library of Congress, this book offers a window into the day to day life of concentration camp prisoners, and Frankl's idea of logotherapy - the most powerful driving force in human life is the search to give life meaning, which has meaning under all circumstances, both good and bad.
- *How to be Idle: A Loafer's Manifesto* – Tom Hodgkinson – what better book to read during winter break than a book about how to be idle and enjoy it! In *How to be Idle*, Tom Hodgkinson explores the idea of working a 9 to 5 job, and how it has changed society's perception of idleness. Formatted in 24 chapters (one for each hour of the day), Hodgkinson explains why he 'chooses idleness' and how it helps him live a happier and healthier life.

Hope everyone has a safe and joyful holiday season! Best wishes and Happy New Years from myself and the NYMC Student Senate!

# A Day in the Life of an M4 during Interview Season

By Akshitha Yarrabothula

Residency interviews are in full swing and some of you may be wondering what that entails. Here's a general 24-hour snapshot into the life of an M4 during interview season. (Note: This is only from the perspective of an Internal Medicine applicant and may not apply to all specialties.)

6:00 PM- Arrive at pre-interview dinner after 3+ hours of traffic on I-95. Introduce myself. Make small talk with residents and other applicants. Enjoy dinner and a glass of wine while asking residents questions about the program.

9:00 PM- Come back to the hotel. Iron/steam my clothes. Attempt to peruse the residency program's website, but then realize it has not been updated since 2015. Fall asleep browsing Instagram instead.

5:00 AM- Wake up. Shower. Get ready.

6:15 AM- Check out of hotel. Pack my bags in the car. Drive to interview.

6:45 AM- Park the car in the hospital garage. Get out and realize my interview suit is slightly wrinkled. Oh well.

7:00 AM- Made it to the interview on time. Introduce myself to the program coordinator, grab my folder and name tag, and head over to an empty seat to sit down.

Open the folder to review my schedule for the day. Only 2 15-minute interviews to get through- not bad!

7:15 AM- Realize I need coffee STAT. Head over to the breakfast table to check out the selections. It's a platter of untoasted bagels....I grab one anyway and find my way back to the seat. Make small talk with the applicants and residents around me. Attempt to not spill coffee on my already wrinkled interview suit.

8:00 AM- Meet program director and learn more about the program from their presentation, which usually focuses on the big picture aspects of the program such as the curriculum and faculty.

9:00 AM- Listen to chief residents' presentation, which usually focuses on the finer details such as the call schedule, resident wellness, living in the area, etc.

10:00 AM- Time to break up into groups. I'm in the group that interviews first. Wait in the conference room and chat with the other applicants/residents until my interviewers come to grab me.

10:15 AM- My first interviewer calls my name. We shake hands and she takes me to her office for the interview. We spend the next 10 minutes chatting about my hobbies, personal statement, and other extracurricular activities. I ask 2-3 questions about the program and before we know it, our time is up.

## A Day in the Life of an M4 during Interview Season (Cont'd)

By Akshitha Yarrabothula

10:45 AM- Second interview, which goes exactly as the first interview above.

11:00 AM- My interviews are done and the rest of the day is pretty much on auto-pilot. Go on hospital tour. Take a mental picture of what the wards and the resident workspaces look like. Everything else eventually becomes a jumble in my head with other hospitals.

12:00 PM- Grab food and sit down for noon conference, which appears to be a cool case presentation by a resident. Learn about small-vessel vasculitis while eating 3 different catered pastas.

1:30 PM- Wrap-up with the chief residents. Ask any lingering questions (I don't have any).

2:00 PM- Make my way back to the garage. Attempt to gracefully change out of my interview suit in the car. Drive home.

6:00 PM- Home at last. Pack bags for flight tomorrow to the next interview.

Repeat X times until end of January.



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